

# LYNN COUNCIL ON AGING SENIOR CENTER



## September 2015

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

I'm typing this on the last weekend where the sun sets after 8pm! I can't believe the summer is on the down slope! Don't get me wrong, I enjoy the fall. But I still feel we were shortchanged this summer. Or is it because the never ending frozen precipitation (we're not allowed to use the snow word in this agency until January) dampened our spring and the warmer weather lollygagged in. Lollygagged... that's an interesting word! ...Humorous slang for dawdling. Unfortunately, the origin of "lollygag" is unknown, but there are clues from which we may, perhaps, be able to extrapolate the roots of "lollygag." ("Extrapolate" in this context, by the way, is a fancy word for "guess.") First up in the batting order of possible "lollygag" clues is "loll," which is a very old word originally meaning "to droop or dangle." We use "loll" today to mean to relax or pass time idly, the sort of behavior that vacations are designed to encourage. There seems to be a plausible connection between this "utterly relaxed" meaning of "loll" and the "wasting time" sense of "lollygag." Another bit of evidence might be found in the fact that "to loll" also means to let your tongue hang out, and that "lolly" is an English slang term for tongue (quite possibly the source of the name of our friend the lollipop, by the way). Perhaps "lollygagging" arose from the perception that lazy lollygaggers were adept at exercising only one muscle -- their tongues! (Credit to Tamarack58) Well... *I look forward to lollygagging around the Topsfield Fair with you in search of a nut covered caramel apple and some fresh kettle corn!*

~Stacey Minchello

### From Your Mayor

It is always bittersweet to say goodbye to summer and welcome fall, as beautiful as it is here in New England. I hope you have been able to get out and enjoy the spectacular weather we have been blessed with the last few months, as well as some of the events around the city, such as the Red Rock concert series.


We have an exciting start to the fall lineup of entertainment at the Lynn Auditorium, including Keith Lockhart, Molly Ringwald and The Price is Right Live – a staged production based on the television game. For more information, please call the Box Office at 781-581-2971.

The annual Essex National Heritage Trails and Sails weekends are approaching with more than 150 events lined up, including a Photography Walking Tour of Art and Architecture in Downtown Lynn on Sept. 19 and guided tours of the Lynn Museum on Sept. 25 and Sept. 26. Also at the Lynn Museum will be a roundtable event on Oct. 1 for baseball enthusiasts, sports historians, fans and the general public to engage in an evening of lively discussion on America's favorite pastime.

Finally, as our classrooms have once again filled up, I wish all of our students and teachers a safe and productive school year.

I hope you all enjoy a delightful fall.  
Mayor Judith Flanagan Kennedy

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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503  
Rosa Paulino-Diaz  
Activities Assistant ext. 625  
Pam Brito  
Program Coordinator ext. 618

### Hours of Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

Albert DiVirgilio  
Arthur Akers  
Edmund Brown  
Frank LaMacchia  
Lester McCLain  
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Minette Lall

President  
Clerk

Meets 4th  
Wednesday  
monthly at  
11:30 a.m.

## FRIENDS of LCOA Executive Board

Joan B. Noble  
Deb Small  
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Roberta Abrams

President  
Treasurer  
Recording Secretary  
Membership Secretary

Meets last  
Thursday of the  
month quarterly

## Topsfield Fair!

**Senior Day**  
**Monday, October 5<sup>th</sup>**

- **Bus #1 & #2 leave Senior Center promptly @ 9:00 am and leave fair Gate A at 1:30pm**
- **Bus #3 leaves Senior Center promptly @ 10:30 am and leaves fair Gate A @ 4:00 pm**
- **\$2 reserves your bus seat**
- **\$8 on bus for ticket at gate**

**You must come and go on the same bus, please plan accordingly.**  
**2pm Grandstand Show – “Celebrating Sinatra”-free**

## SEPTEMBER HAPPENINGS

Trip sign-ups begin, Tues August 25th

- Tues, Sept 1 **Lobster Cruise- Gloucester** \$50 9:45 am – 3:45pm
- Tues, Sept 1 **Hearing Clinic** Quiet room 10 am – 11am
- Thurs, Sept 3 **Birthday Karaoke** 11:30 am – 1:00 pm
- Fri, Sept 4 **PENNY SALE** 11am – 12pm
- Fri, Sept 4 **Fitness Class w/ Patrice is Cancelled for today 9/4**  
(Will resume on Wed., Sept 9)
- Mon, Sept 7 **Labor Day** Center is closed
- Tues, Sept 8 **Blood Sugar AND Blood Pressure Clinic** 8 am – 9:30 am
- Thurs, Sept 10 **Podiatry Appointments** 10 am – 12 pm
- Thurs, Sept 10 **Free Ice Cream Social! Thank you Solimine Funeral Homes!** 1pm  
~Thank you Solimine Funeral Homes!~

## Fri, Sept 11 BINGO BONANZA!! 1 pm

Bingo sheets sale starts at 11:30 am first come first serve-\$250 coverall

Tues, Sept 15 **Foxwoods** \$28 6:30 am – 6:30 pm

*Bonus - full course buffet lunch or 15.00 food voucher*

*50/50 Raffle on bus with Bingo and a movie*

*Handicap bus holds two wheelchairs- first come first serve*

*Age 21 years old and older may accompany*

- Thurs, Sept 17 **Lunch Trip: Cracker Barrel Restaurant** \$2 9:30 am – 2:30pm
- Fri, Sept 18 **BROWN BAG: BOSTON FOOD BANK sponsored** 10 am – 12pm
- Mon, Sept 21 **Field Trip: MBTA Senior ID – Downtown Boston** \$2 9:30 am – 2:30 pm
- Tues, Sept 22 **Public Seminar- Captioned Telephones!** 9:30 am  
(Game Room)

Brought to you by Mass Relay- see If you qualify for a free house phone

- Weds, Sept 23 **Lunch Trip: Fuddruckers, Saugus** \$2 11am -2pm
- Thurs, Sept 24 **Podiatry Appointments** 10 am – 12pm

## Thurs, Sept 24 DENISE DOUCETTE performs! 12:30 pm

Weds, Sept 30 **Lunch Trip: Friendly's** \$2 10:00 a.m. – 12:45 pm

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# SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CALORIES &amp; SODIUM ARE SHOWN FOR ENTREES &amp; SIDE DISHES.</b>  <b>TOTAL CALORIES PER MEAL AVERAGES 700.</b>	<b>1</b> Latin pork/gravy Plantains Salad/dressing Calories-509 Sodium-606 <b>ALTERNATIVE</b> Baked tomato chili chicken Calories-342 Sodium-519	<b>2</b> BBQ chicken Candied yams Broccoli Calories-378 Sodium-408 <b>ALTERNATIVE</b> Curried beef,sweet potatoes Calories-476 Sodium-123	<b>3</b> Fish sticks/tartar sauce Baked beans Salad/dressing Calories-460 Sodium-675 <b>ALTERNATIVE</b> WG baked pasta/mozzarella Calories-416 Sodium-679	<b>4</b> <b>SPECIAL</b> Cheeseburger/bun Potato wedges Coleslaw Chocolate chip cookie Calories-684 Sodium-682
<b>7</b> <b>HOLIDAY</b>  <b>NO MEAL SERVICE</b>	<b>8</b> Meatballs/marinara sauce Pasta Salad/dressing Calories-483 Sodium-662 <b>ALTERNATIVE</b> Tilapia/tomatilla salsa Calories-282 Sodium-321	<b>9</b> Roast pork/gravy Sweet potato Capri vegetable Calories-580 Sodium-394 <b>ALTERNATIVE</b> Turkey/creole sauce Calories-281 Sodium-641	<b>10</b> Chicken cacciatore/pasta Salad/dressing Calories-500 Sodium-691 <b>ALTERNATIVE</b> Arroz con carnitas(beef) Calories-429 Sodium-652	<b>11</b> Salmon/dill sauce Yellow rice Green beans Calories-269 Sodium-269 <b>ALTERNATIVE</b> Creole chicken/rice Calories-303 Sodium-229
<b>14</b> Salisbury steak/gravy Sweet potato Mixed veg. Calories-484 Sodium-646 <b>ALTERNATIVE</b> Veggie burger/potato wedges Calories-463 Sodium-494	<b>15</b> Roast turkey/gravy Mashed potato Salad/dr. Calories-434 Sodium-659 <b>ALTERNATIVE</b> WG macaroni & cheese/salad Calories-263 Sodium-617	<b>16</b> Cheese tortellini/meat sauce California blend veg. Calories-194 Sodium-192 <b>ALTERNATIVE</b> Arroz con pollo(chicken) Calories-597 Sodium-655	<b>17</b> Lemon peppepork Brown rice & beans Salad/ dr. Calories-444 Sodium-598 <b>ALTERNATIVE</b> Caribbean beef tips/yucca Calories-549 Sodium-414	<b>18</b> Rosemary chicken Red potatoes Green beans Calories-308 Sodium-361 <b>ALTERNATIVE</b> Egg salad sandwich Calories-426 Sodium-688
<b>21</b> New England style cod Sweet potato Italian veg. Calories-484 Sodium-535 <b>ALTERNATIVE</b> Egg &cheese sandwich Calories-330 Sodium-591	<b>22</b> <b>**Beef hot dog**/roll</b> Baked beans Salad/dressing Calories-479 Sodium-975 <b>ALTERNATIVE</b> Latin style pork/gravy,rice Calories-432 Sodium-596	<b>23</b> Roast turkey/mushroom gravy Mashed potato California veg. Calories-286 Sodium-603 <b>ALTERNATIVE</b> Salmao brasileiro(salmon) Calories-465 Sodium-267	<b>24</b> Chicken picatta/pasta Salad/dressing Calories-508 Sodium-681 <b>ALTERNATIVE</b> WG baked pasta/mozzarella Calories-307 Sodium-656	<b>25</b> BBQ pulled pork Rice & beans Spinach Calories-491 Sodium-685 <b>ALTERNATIVE</b> Sancocho(chicken stew) Calories-491 Sodium-525
<b>28</b> Chicken and broccoli alfredo Pasta Capri blend veg. Calories-480 Sodium-630 <b>ALTERNATIVE</b> <b>**Eggplant parmesan** ,pasta</b> Calories-404 Sodium-715	<b>29</b> Salmon/dill sauce Sweet potato Salad/ dressing Calories-385 Sodium-601 <b>ALTERNATIVE</b> Stewed beef/sweet potato Calories-501 Sodium-482	<b>30</b> American chop suey Green peas Calories-393 Sodium-188 <b>ALTERNATIVE</b> Cumin roasted pork,plantains Calories-571 Sodium-477	<b>ENTREES MARKED **</b> <b>INDICATE HIGH SODIUM</b> <b>(MORE THAN 700mg.FOR</b> <b>ENTRÉE AND SIDE DISHES)</b>  <b>OR</b> <b>MORE THAN</b> <b>1300mgPER MEAL</b>	<b>SODIUM IN BREAD</b> <b>AVERAGES 150mg./SLICE</b>  <b>SWEET DESSERTS</b> <b>AVERAGE 200mg./serving</b> <b>MILK=100mg/8 oz.</b>

# SENIOR CENTER ACTIVITIES • SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

## OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

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- Close to stores, banks, senior center
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ADAPTIVE UNITS

## CASINO TRIPS

Departs from Lynn Senior Center

Casino Trips from Revere

### Foxwoods \$28

7 am - 6:30 pm

Tuesdays: Sept. 15  
Oct. 13  
Nov. 10



### Mohegan Sun \$27 plus tip

10 am depart Revere 6:30pm depart casino

Sept. 1, 15 & 29;  
Oct. 13 & 27;  
Nov. 10 & 24;  
Dec. 8 & 22

### Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip.

Sign up in person at the senior center. OR

Mail in your registration and check.

*Bonus package:*

*\$10 food coupon for retail food vendors*

*or free buffet*

*Plus \$10 bonus slot play added to your*

*rewards card on the bus before entering casino.*

*Remember to bring your rewards card!*



### Twin River \$27 plus tip

10 am depart Revere  
6:30pm depart casino

Sept. 10 & 24;  
Oct. 8 & 22;  
Nov. 5 & 19;  
Dec. 3, 17 & 31

**Now Express!! Straight run - no stops!**

**Call Ida at 781-289-1854 for  
reservation, questions, and pick  
up location/parking.**

## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Sept 2nd	Woman in Gold	PG-13	2015	109 mins
Sept 9th	The Soloist	PG-13	2009	109 mins
Sept 16th	Dreamgirls	PG-13	2006	130 mins
Sept 23 <sup>rd</sup>	The Blind Side	PG-13	2009	126 mins
Sept 30 <sup>th</sup>	Maleficent	PG	2014	97 mins



Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.





## Medicare's Open Enrollment

**Medicare's Open Enrollment is October 15 – December 7. Make an appointment with a SHINE counselor now!**

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2016. During Medicare's Open Enrollment, you will have a chance to change your plan for next year.

SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Appointments are limited so make your appointment soon.

**Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please call 781-599-0110. You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days. Specific SHINE OFFICE HOURS in the LYNN SENIOR CENTER will be announced shortly.**

## SAVE THE DATE!

### **Rudolph the Red Nose Reindeer - The Musical**

**Citi Performing Arts Center Shubert Theatre**

**Weds, December 2<sup>nd</sup> 10 am show \$40**

**Reserve your seat now- limited amount of tickets**

**Bus leaves senior center promptly at 8:40 am prompt.**

**Lunch on own after the show at Flaming Grille & Buffet, Revere**

**Tickets are not refundable unless transferred to another participant.**

**Approximate return time to the senior center - 3pm**

## The Kiosk for Living Well

**Take a Stand to Prevent Falls!**

**Falls Prevention Week takes place across the country between September 21<sup>st</sup> and 25<sup>th</sup> this year. The Kiosk for Living Well will be introducing Falls Prevention techniques and awareness throughout the month. On Thursday September 3<sup>rd</sup> from 9:00am to Noon, Sylvia, our MoveSafe Counselor will visit the Kiosk to do special activities related to balance improvement featuring a special Wheel of Fortune and other fun games as well. If you'd like a personal balance assessment done alone or with a friend, Sylvia will fit you in!**

**You can also meet with Brenda the Million Hearts nurse around the ways medications for your heart could potentially interact negatively with other medications you may be taking. She'll be available to talk and take blood pressures on Thursday September 24<sup>th</sup> from 9:30 -11:30am. We'd love to see you!.**

**Come to the Kiosk! It's open every Tuesday and Thursday from 10:00 – Noon. Supervised Kiosk exercise classes also take place every Tuesday and Wednesday**



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## Wellness Watch September 2015

September is Fall Prevention Awareness Month. The National Council on Aging (NCOA) provides numerous resources and tools to bring awareness to the issue of older adult falls. Every 13 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable and the NCOA provides 6 tips to stay safe.

**1. Find a good balance and exercise program.**

Look to build balance, strength and flexibility. Contact your local senior center or YMCA to join a fitness program. Find a program you like and bring a friend to keep you accountable.

*Contact Kelsey Spotts to sign up for A Matter of Balance workshop 781-586-8530*

**2. Talk to your health care provider.**

Ask for an assessment of your risk of falling. Share your history of recent falls.

**3. Regularly review your medications with your doctor or pharmacist.**

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. For more help managing medications contact the MCPHS Pharmacy Outreach Program toll-free at 1-866-633-1617.

**4. Get your vision and hearing checked annually and update your eyeglasses.**

Your eyes and ears are key to keeping you on your feet.

**5. Keep your home safe.**

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

For more information about keeping your home and environment safe visit, <http://www.cdc.gov/steady/patient.html>

**6. Talk to your family members.**

Enlist their support in taking simple steps to stay safe. Falls are not just a senior's issue.

Join the Healthy Living Program and Kiosks for Living Well to celebrate Falls Prevention Month at the Lynn Senior Center Thursday September 3 at 9:30am.

**Win prizes**

**Balance Assessments**

**Games**

**Sign up for Matter of Balance**

**For more information contact Kelsey Spotts 781-586-8530**

## Fun & Flea Day

**Goldfish Pond Association**

**35th Annual Fun & Flea Day**

**Saturday, September 12th**

**9am - 3pm (Rain Date: Saturday, September 19th)**

**Table space available - (781) 599-1629**

**Raffle tickets \$1 each 6 tickets for \$5**

**\$500 Cash Prize !!!**



## Moods & Emotions 2

Y S T N A I R O H P U E G E A  
 D U N C E R T A I N I M N K M  
 U P R I D E R T A H T A I I U  
 N Y R E E L J S A K R H R L S  
 H R K S T S A O C N A S A S E  
 A I T L A D T O Y V N E C I D  
 P A P E U T H H T O Q O D D S  
 P P M H T S I N G C U E Y E O  
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 H E T R F T R U F F L E U U D  
 T D N R N Y O T I I N E L G E  
 A O O O I I R R N I E L D L E  
 P U C R X A R A T O E D R U R  
 M B A N G E G Y W N C E D M G  
 E T A E T L I U G R O U C H Y

AMUSED  
 ANNOYED  
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 ANXIOUS  
 CARING  
 CONTEMPT  
 CONTENT  
 CONTRITE  
 DELIGHT  
 DESPAIR

DISLIKE  
 DOUBT  
 EMPATHY  
 ENVY  
 EUPHORIA  
 GLUM  
 GREED  
 GROUCHY  
 GUILT  
 HATRED

HORROR  
 INFATUATED  
 JOYOUS  
 LEERY  
 PRIDE  
 RAGE  
 SAD  
 SATISFIED  
 SERENITY  
 SHAME

SHOCK  
 SULKY  
 SULLEN  
 TERRIFIED  
 TRANQUIL  
 UNCERTAIN  
 UNHAPPY  
 WARY



## ***PENNY SALE***



***Friday, September 4<sup>th</sup> 11 am – 12pm***

***Sponsored by the Friends of LCOA***

***Donations welcome- small gifts, necessities, toiletries, etc.***

***....New items only please.***

## ***Come join us for ICE CREAM SUNDAES!***

**Solimine Funeral Home** is hosting our monthly ice cream social.

**Thursday, September 10th 1pm free!**

Solimine is a family owned and operated funeral home that has been serving Lynn families for fifty years.

Funeral, Memorial, and Cremation Services tailored to your wishes.



## **BINGO BONANZA!!**

**Friday, September 11<sup>th</sup>**

***Bring your dauber!***

Games start promptly at 1pm –sorry, no late comers

Card sales start at 11:30 am and end at 12:30 pm

**\$11 6-cards per person- only**

One 6 card package per person

No sharing or trading in of cards

Bingo must be won on last number called

Coverall \$250

Eleven \$50 games

Bonus -Four “next number wins” \$25 gift card

***If more than one winner on “next number” game-\$10 each consolation prize***



**\*Must be a registered senior center participant \***

If player count is less than expected, prize amounts will be adjusted.

Players must understand that in the event of a discrepancy, multiple winners, or questionable play- management decision is final.

50/50 drawing 6 tickets for \$5 or \$1

Supplies and bonus prizes sponsored by the FRIENDS of LCOA

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~ Dr. Harvey Berger

Thank you for your donation

~ Sophie Karampoulis

In loving memory of, Barbara Rubbico

~ Judith Doe and Randall Russell

In loving memory of Genevieve M. Sullivan

~ John F. Sullivan

## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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## Hair Salon

### SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

### MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### BLOOD SUGAR & BLOOD PRESSURE

September 8th

8:00 am—9:30 am \*note time change\*

Nurse available for any health questions.



### PODIATRIST



September 10th & September 24th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

### HEARING CLINIC

September 1st

10:00 am—11:00 am



### MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



### LYNN COUNCIL ON AGING SENIOR CENTER

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